



Looking for a Summer Job or Internship?

It's not always as easy as it would seem for a teenager to get a job. There are laws restricting when you can work and what you can do. Teens hired for nonagricultural employment (which is just about everything other than farm work) must be at least fourteen. Other restrictions also apply:

- **Ages 14 and 15:** During the school year, hours are limited to 3 hours a day and 18 hours a week. On days when there's no school and in the summer, working hours increase to 8 hours a day and 40 hours a week. There are limits on when you can work, too - no later than 7 p.m. during the school year and no later than 9 p.m. between June 1 and Labor Day.
- **Ages 16 and 17:** There's no limit on hours, but, if you're under 18 you can't work in a job that the Labor Department considers hazardous.

Once you know the laws, consider what you would like to do. Are you interested in working with little kids? Take a look at after-school programs, child care centers, or summer camp jobs. How about working on the beach or the ski slopes, at a park, in the mountains, or at another outdoor job? Consider a job at a museum, a hospital, at a zoo, or at some other organization related to your career aspirations. The jobs you have during high school will give you some idea of what you might want to do later on.

From About.com

<http://jobsearch.about.com/cs/justforstudents/a/teenjobs.htm>

Websites You May Want to Visit

TN Teens2Work

<http://www.state.tn.us/labor-wfd/youth/>

About.com

<http://jobsearch.about.com/cs/justforstudents/a/teenjobs.htm>

Quintessential Careers - Teen Jobs

http://www.quintcareers.com/teen_jobs.html

Books You May Want to Read

Teen Dream Jobs: How to Get the Job you Really Want Now! by Nora E. Coon.

How to Get a Job If You're a Teenager by Cindy Pervola, Debby Hobgood

A Teen's Guide to Finding a Job by Naomi Vernon

Young Person's Occupational Outlook Handbook by Us Department of Labor

To Find More Information about Job Hunting and Internships

In TEL, go to **Student Edition** or **Junior Edition - K12** and use the following search strategies:

Summer Employment

Internship Programs

Career Development

Teenagers -- Employment

Youth -- Employment



Looking for a Summer Job or Internship?

Want a Good Job this Summer? Carpe Diem! By Frank Burtnett

Now's the time to get an edge over the competition and start looking hard for that hot summer job!

"Do you, like, want fries with that?"

While it's true that most "real world" jobs available to high school students are in the service sectors, like working at the video store or flipping burgers, you aren't restricted to these "traditional" high school jobs if you start examining your options now.

Here are some tips to follow for summer success:

1. Take a talent inventory!

Do you have a particular ability or skill -- like designing websites or speaking a second language? Where could you put your special ability to use? Consider researching small Internet start-up companies in your area if you have Web skills or check out local libraries, non-profit organizations, consulting companies, or tutoring centers to capitalize on your language skills.

Network, baby!

Do you know people who work in companies or businesses that you think might be interesting? Don't be shy: Ask them to check out the prospects of a summer opportunity for you. Many of the best summer jobs -- ones that aren't advertised -- are discovered through "people" connections! Just ask around and remember to follow through with phone calls, letters, or email.

But I have no experience or special talents.

You don't have to be a prodigy to land a cool job that you love. Think about companies and organizations where business is likely to increase in the summer months. If you love the outdoors, then state parks and summer camps are a great place to start looking for a summer job.

If it's business experience you're after, check with the owner or manager of some companies you're interested in and tell them why you'd like to come aboard for the summer. They'll be impressed that you're such a go-getter.

2. Consider creating your own job.

Ever thought about being your own boss? You'd be surprised at how much you can earn by doing things for people. Organize a crew of your friends and create a lawn mowing or babysitting service.

4. All great work experiences aren't paid.

Consider a volunteer experience as an alternative or compliment to your summer job. Sometimes finding a paying job in a particular field that interests you just doesn't work out.

An unpaid volunteer internship can be a rewarding experience. Volunteering can also give you the background to find a paying job in the field you're interested in for next summer. Think of unpaid internships and volunteering as an investment with big future payback.

Though it's not anyone's idea of a great time, landing a great summer job means you need to work on a mini-resume that outlines your interests, skills, training, and experiences.

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See <http://www.familyeducation.com/article/0,1120,21-12563,00.html>